



RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

Planning Ahead

Have you had “the talk” with your family? Have you thought about what might happen as you age? Most people say they want to stay at home as they age. For that to happen successfully, it’s best to plan ahead AND make sure your loved ones know your wishes. You shouldn’t make assumptions about who is going to help. You need to communicate with your support system. There are many things to consider, including, but not limited to:

- Housing - Will your home meet your needs? Will you need modifications such as wider doors, accessible bathroom, etc.? Do you want to move to an apartment or other living environment that is easier to maintain?
- Legal Planning - What documents should you have? Do you need a will or power of attorney?
- Medical Planning - Do you need a health care proxy?
- Social Engagement - How will you stay socially active?
- Transportation - What happens if you can no longer drive?

There are many more things to consider. There are some fantastic planning tools that can help.

My Plan, My Power - Your Personal Guide for Successful Aging can be found at <https://www.adkmercy.org/wp-content/uploads/2026/01/Part-I-My-Plan-My-Power-Digital-2.pdf>

The Rural Law Center of New York offers many resource guides which can be found at:
<https://rurallawcenter.org/legal-resource-guides/>

Put some time into planning for the future and set yourself up for a future that is as happy and healthy as possible!



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MESSAGE FROM THE DIRECTOR



BY: DARLEEN COLLINS



Farmers' Market Coupons and More

Office for the Aging has arranged three Farmers' Market Coupon distribution sites for 2026. Our office has received a reduced quantity of coupons for this season. All three distribution sites will be on July 9th. See pages 4 and 7 for more details about the program and distribution sites.

There is an upcoming Caregiver Training Event called Supporting Brain Health in Our Community. The presenter will be Brooke Dubuque from the Alzheimer's Association. See page 3 for more information.

Pages 5 and 6 offer great information about Home Owner scams. Learn how to protect your assets.

I hope you are enjoying summer get togethers with friends and family. Stay hydrated!



Have you been to the Senior Center?

The Senior Citizens Council of Clinton County operates a Senior Center offering social, recreational, and educational programming. You can also have a midday meal too!

You can find their events listing and activities calendar on their website at <https://www.seniorsinclintoncounty.com/>.

There are a wide variety of activities to appeal to different interests. Do you want to learn more? Contact them at 518-563-6180 and ask about a tour of the facility.

This resource is available in our community for older adults to be more socially engaged, which is an important part of healthy aging. Check it out and have some fun!



CAREGIVER CORNER

Caregiving Training



Supporting

BRAIN HEALTH

in our community

Tuesday, July 14th

12:00 P.M.

Senior Planet

60 Smithfield Blvd,

Plattsburgh, NY 12901

(in Champlain Centre Mall, across from Auntie Anne's)

Everyone deserves a life with the healthiest brain possible, and we can all take action to help protect our brain health.

Individuals and caregivers are invited to join us for an informative presentation that highlights brain-healthy actions we should all build into our routines, including the U.S. POINTER recipe. You'll learn about practical strategies to:

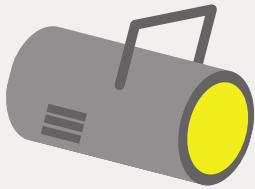
- Understand why brain health matters
- Promote brain health at every age and stage
- Take action to build healthy brain behaviors

Registration for this free presentation is encouraged, but not required. Contact Brooke at 518.915.3115 or bmdubuque@alz.org.

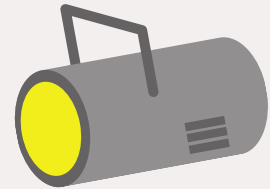
ALZHEIMER'S ASSOCIATION®

This program is supported in part by a grant from the New York State Department of Health.

If you need support or resources during your caregiving journey, call the Clinton County Office for the Aging Caregiver Resource Center at 518-565-4620.



Program Spotlight



Senior Farmers' Market Nutrition Program

The Senior Farmers Market Nutrition Program (SFMNP) is a program that promotes local farmers by expanding their sales at farmers' markets, while fostering healthy communities through the consumption of locally grown fresh fruits and vegetables.

Eligibility is based on age and income. You must be age 60 or over and have gross monthly income at or below 185% of federal poverty guidelines. Each eligible individual may receive one booklet.

- \$2,461/month for a one-person household; or
 - \$3,337/month for a two-person household; or
 - \$4,212/month for a three-person household
- *Inquire for larger household sizes*

Each SFMNP coupon booklet is worth \$25 and contains five (5) \$5.00 coupons. Coupons may be used by recipients to purchase locally grown fruits and vegetables at participating farmers markets. Coupons must be used by recipients no later than November 30th, however, most farmers' markets close prior to that date, so don't delay. Another important point is that lost coupons can not be replaced, so keep your coupons in a secure location.

If you are unable to attend a site, you have a few options:

- Complete a proxy form and have someone else pick up your coupons for you. A Power of Attorney with appropriate documentation may also pick up for you.
- Notify Office for the Aging at 518-565-4620
- Stop by Office for the Aging beginning on July 10th.
Coupons will not be available at the office until then.

See page 7 for distribution locations.



5 Home Owner Scams

By Ray Alexander



It is no coincidence that scammers frequently target the elderly. Older adults have regular income and financial resources; this makes them a prime target. Frequently they have paid off homes or substantial equity. For many of us our home is our biggest investment. We want to protect it and scammers know this. Older Americans have reported billions in fraud losses in recent years, with some of the victims losing life changing amounts in a single scam. These scams are designed to exploit the homeowner's financial security for their own benefit. These crooks want to turn your dream home into a nightmare. Just being aware is a good start to protect yourself. Here are five of the most frequent scams.

- **Contractor and Home Repair Scam.** This is one of the most common scams and it starts at your front door. The scammer poses as a contractor that "just happens to be in the neighborhood". They state that they have noticed some kind of issue with your house. It could be a roof, or a driveway or a foundation issue (just to name a few). They will use some form of a high-pressure tactic. It might be that it is dangerous or will get worse if not addressed immediately. Another tactic is that they have leftover materials that can be offered at a bargain price if the work is done now. In many cases they demand upfront payment and either perform poor-quality work or disappear completely. Or they discover that more work needs to be done and they attempt to take even more of your money. Never hire a contractor that knocks at your door. Always verify licenses and insurance, get multiple estimates, ask for local references, and never pay up front. The Better Business Bureau is also a good source to check accreditation.
- **Property Title and Deed Fraud Scams.** This scam is growing rapidly. Criminals use stolen personal information to transfer ownership of a home into their own name without the owner's consent. Once they have control, they take out loans against the home or even try to sell it. This fraud can go unnoticed for months. Always check property records at least yearly. In Clinton County you can go to the county clerk's office located at 137 Margaret Street in Plattsburgh. You can also check tax records on the county website. Some counties allow you to sign up for alerts to help catch this early.

Continued on page 6

Continued from page 5

- **Mortgage Assistance and Foreclosure Scams.** This scam takes advantage of the owner’s financial stress. They pose as “mortgage relief specialists” promising to lower your payments, stop foreclosure or cash in on home equity. These deals can come with large upfront fees that leave the owner worse off than before. Some even trick victims into signing documents that transfer ownership. They can sound very official and may use legal sounding language to trick you. If you need help find a HUD-approved housing counselor or trusted financial advisor. Visit HUD’s website or call 1-800-569-4287 for assistance.
- **Utility and Government Impersonation Scams.** One of the most reported scams. Scammers pretend to be utility companies, tax agencies or law enforcement claiming there is an urgent issue related to your home. They threaten to put a lien on your property or shut off your power unless a payment is made immediately. This is frequently done via text, email or phone. The crooks will attempt to create an atmosphere of fear and urgency, making victims act with little or no time to think. Remember legitimate agencies will never demand payment over the phone or ask for gift cards, wire transfers or bitcoin for payment. Hang up or don’t answer the request and contact the agency with a legitimate phone number (don’t use the one that they try to provide, it is a part of the scam).
- **Reverse Mortgage and Home Equity Scams.** Your home equity is a huge target for scammers. They will try to con you into taking out a reverse mortgage or loan under false pretenses. Sometimes they tie this to fake investment opportunities or unnecessary home improvements. They will pose as an “advisor” and guide victims to investments that benefit them and not the homeowner. Always consult a trusted, independent advisor before making decisions involving home finances.

Protecting yourself starts with awareness and a willingness to “pump the brakes” and pause before acting. Take a step back and verify through a trusted source. Never share personal or financial information with someone who contacts you unexpectedly. When in doubt, HANG UP!



Farmers Market Coupons Available for Pick Up



There are fewer Farmers Market Coupon booklets available for 2026 so there are fewer distribution locations. If you are unable to get to a distribution site call Clinton County Office for the Aging at 518-565-4620 beginning July 9th.

Thursday, July 9th 10:00 am - Noon

Champlain Town Hall Parking Lot - 10729 Route 9

**Plattsburgh Lake View Towers/Russell Barnard
Outside Seating Area Flynn Avenue**

Peru Rulf's Orchard Parking Lot - 531 Bear Swamp Road

Must meet age and income eligibility guidelines.

Who is Eligible?

- Must be **60 years of age or older**
- Monthly income at or below 185% of Federal Poverty Level
 - \$2,461/month for a one-person household; or
 - \$3,337/month for a two-person household; or
 - \$4,212/month for a three-person household
- *Inquire for larger household sizes*
- Only **one coupon book per eligible senior** in each household
- While quantities last
- The eligible individual must sign up in person OR an eligible Power of Attorney or Proxy **with required paperwork** can sign for the coupons.





United States Department of Agriculture



**10
tips**
**Nutrition
Education Series**

add more vegetables to your day



10 tips to help you eat more vegetables

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, we're encouraging them as snacks as well, not just meals.

1 discover fast ways to cook

Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.

2 be ahead of the game

Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with a hummus dip, or in a veggie wrap.



3 choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but also are good for you, too.

4 check the freezer aisle

Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen vegetables, such as corn, peas, green beans, or spinach to your favorite dish. Look for frozen vegetables without added sauces, gravies, butter, or cream.

5 stock up on veggies

Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."



6 make your garden salad glow with color

Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, carrots, or watercress. Your salad will not only look good but taste good, too.



7 sip on some vegetable soup

Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups. Make your own soups with a low-sodium broth and your favorite vegetables.

8 while you're out

If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish. Ask for toppings and dressings on the side.

9 savor the flavor of seasonal vegetables

Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or visit your local farmer's market.



10 try something new

Choose a new vegetable that you've never tried before. Find recipes online at www.WhatsCooking.fns.usda.gov.



You are never too old to exercise your brain!

WITS WORKOUT is an engaging, interactive, and educational brain health program. The program can help improve your memory, attention and thinking skills. In the classes, you will solve puzzles, discuss different topics and learn ways to take care of your brain. WITS WORKOUT has two main goals- to provide purposeful opportunities for older adults to engage intellectually, and to increase their socialization through ongoing group participation. Come join the fun!

WITS Workout Schedule for July 2026

Monday July 13th 11:00 AM – Keeseville

Keeseville Free Library, 1721 Front Street

Tuesday July 14th 10:00 AM – Altona

Twin Oaks Senior Housing, 16 Station Street

Friday July 17th 11:00 AM – Peru

Peru Free Library, 3024 North Main Street

Monday July 20th 3:00 PM – Plattsburgh

Lake Forest Senior Community, 8 Lake Forest Drive

Tuesday July 21st 10:00 AM – Champlain

Northern Housing, 1 Northern Tier Way

Wednesday July 22nd 10:00 – Plattsburgh

Victory Place, 4907 South Catherine Street

Thursday July 23rd 10:00 AM – Plattsburgh

Senior Citizens Council of Clinton County
5139 North Catherine Street

Monday June 23rd 9:00 AM – Champlain

260 Lake Street Senior Community, 260 Lake Street

For more information contact

Ray at Office for the Aging at 518-565-4629

MEALS ON WHEELS

45 Veterans Lane
Plattsburgh, NY
(518) 561-8320



This menu is approved by a registered dietitian. Menu is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>6 Scalloped Potatoes w/ Ham Spinach Rye Bread Mandarin Oranges</p>	<p>7 Chicken Divan Rice Sliced Carrots Wheat Bread Tapioca Pudding</p>	<p>1 Salisbury Steak Mashed Potatoes Peas Lemon Cookie</p>	<p>2 Pulled BBQ Chicken on a Bun Tater Tots Chef Choice Veggie Fresh Fruit</p>	<p>3 CLOSED</p>
<p>13 Macaroni & Cheese Broccoli Rye Bread Fruit Cocktail</p>	<p>14 Roast Turkey w/ Gravy Mashed Potatoes Harvest Blend Spice Cake</p>	<p>15 Ham & Cheese on Rye Potato Salad Tri-Slaw Fruited Jello</p>	<p>16 Cheeseburger on Bun Pasta Salad Green Beans Sugar Cookie</p>	<p>17 Baked Fish Red Smashed Potatoes Broccoli Wheat Bread Fresh Fruit</p>
<p>20 Breaded Chicken Rosemary Potatoes Beets Dinner Roll Pears</p>	<p>21 Baked Ziti Italian Blend Veggies Sourdough Bread Chocolate Chip Cookie</p>	<p>22 Swedish Meatballs Egg Noodles Diced Carrots Lemon Mousse</p>	<p>23 Egg Salad Sandwich Macaroni Salad Lettuce & Tomato Carrot Cake</p>	<p>24 Herbed Chicken Mashed Potatoes French Green Beans Rye Bread Fresh Fruit</p>
<p>27 Chicken Stew Peas & Carrots Peaches</p>	<p>28 Shepards Pie Mixed Veggies Chocolate Mousse</p>	<p>29 Turkey Salad Sandwich Corn & Broccoli Salad Lettuce & Tomato Oatmeal Raisin Cookie</p>	<p>30 Baked Ham w/ Raisin Sauce Sweet Potatoes Peas w/ Pearl Onions Strawberry Shortcake</p>	<p>31 Turkey Burger on a Bun Roasted Potatoes Capri Blend Veggies Fresh Fruit</p>



DINE-IN

SENIOR CENTER
518-561-7393

BEEKMAN TOWERS
518-561-5360

ELLENBURG
518-594-7311

DANNEMORA
518-310-9089

LAKEVIEW
518-561-8696

ROUSES POINT
518-534-1852



Funded by Clinton County Office for the Aging and New York State Office for the Aging.

Senior Citizens Council of Clinton County, Inc. Nutrition Program



Clinton County Office for the Aging will be collaborating with the **Strand Center for the Arts** for the next installment of the **Creative Aging Program**. This 8-week in-person offering will begin September 17th. Details will be published in our August newsletter. We are so excited!

Clinton County Office for the Aging is pleased to provide you with services. Programs for the Office for the Aging are funded by the Older Americans Act, New York State, Clinton County and your contributions. There is no fee for services; however, in order to provide continued quality services, the Older Americans Act requires us to allow voluntary, confidential contributions from participants. Individuals with self-declared incomes at or above 185 percent of federal poverty level (\$2,322 monthly income for a single person) are encouraged to contribute at levels based on the actual cost of services. Your contributions are used to improve upon and support the programs.

Any amount you contribute is greatly appreciated. If you are using a check, please make the check **payable to: Clinton County Treasurer** and **mail to** Clinton County Office for the Aging, 135 Margaret St, Suite 105, Plattsburgh, NY 12901. You will not be denied service because of an inability or unwillingness to contribute.

Please return with your contribution

\$ _____ Home Delivered Meals

\$ _____ Congregate Meals

\$ _____ Caregiver Services

\$ _____ Transportation

\$ _____ Health Insurance Counseling

\$ _____ Lifeline (PERS)

\$ _____ Health Promotion (Exercise Classes) \$ _____ Legal

\$ _____ Housekeeping/Personal Care

\$ _____ Other _____

Protect All the Skin You're In



Slip
on a long-sleeved
shirt and pants.



Slap
on a wide-brimmed hat.



Wearing a
baseball cap?
Use sunscreen
to protect ears
and neck.



Slather
sunscreen (SPF 15+)
on any exposed skin.



Seek
shade during peak sunlight
(10AM-4PM).



Slide
on sunglasses.

cdc.gov/skin-cancer



CS964075-A



Clinton County Office for the Aging
135 Margaret St, Suite 105
Plattsburgh, NY 12901

The Clinton County Office for the Aging assists people and caregivers to empower and sustain their independence and to advocate for themselves by developing a continuum of opportunity, support and care.